

SUMMER 2013

JUNE • JULY • AUGUST

THE REC SCENE



Summer Camps For All Ages - Starting On Page 6

CITY IN A PARK



FARMERS
BRANCH

WELCOME

FARMERS BRANCH Community Recreation Center



14050 Heartside Place
Farmers Branch, Texas 75234
972.247.4607
fbcrc@farmersbranch.info
www.fbreccenter.com
www.facebook.com/fbreccenter

FACILITY HOURS

Monday through Friday
8 am to 9 pm

Saturday
8 am to 5 pm

Sunday
1 pm to 4 pm

FITNESS CENTER HOURS

Monday through Friday
6 am to 9 pm

Saturday
7 am to 5 pm

Sunday
1 pm to 4 pm

HOLIDAY HOURS

Monday, May 27 (Memorial Day)
Recreation Center Close at 5 pm
Swimming Pool 1-7 pm

Thursday, July 4 (Independence Day)
Recreation Center Close at 5 pm
Swimming Pool 1-7 pm



Summertime in the City of Farmers Branch is underway! This year's Liberty Fest starts off the season May 25. Enjoy this patriotic festival celebrating Memorial Day and honoring our country and the men and women who serve her. This one-day festival will be an enjoyable blend of music, food, and family fun. Activities include an arts and crafts marketplace, free KidZone, The Zone, Burgers & Brews, and much more! Entertainment this year will include Eastin Corbin, Randy Houser, and Jack Ingram. For additional information and free tickets go visit www.fblibertyfest.com.

The Don Showman Swimming Pool opens for the season May 25. Enjoy Splash Day from 1:00-6:00 pm on opening day, Farmers Branch residents swim free with proof or residency.

Activities for youths include Summer Funshine, Fire and Police Academies, Aquatics Life Academy, numerous sports camps, and much more. See all camps offered this summer starting on page 6.

Celebrate the Fourth of July on Wednesday, July 3 beginning at 6:30 pm at the Historical Park. A concert will begin at 8:00 pm, with a low level fireworks display beginning at approximately 9:30 pm.

Whether you enjoy walking or running, playing outside or inside, the City of Farmers Branch has many options for you. Stop by and visit the Recreation Center that offers an indoor track, fitness equipment, gymnasiums, and numerous fitness classes.

Last of all, take time to enjoy one of your beautiful parks!

Best Wishes,

YOUR PARKS & RECREATION DEPARTMENT STAFF

Director of Parks & Recreation, Jeff Harting
jeff.harting@farmersbranchtx.gov • 972.919.2630

Recreation Superintendent, Texx Stewart
texx.stewart@farmersbranchtx.gov • 972.919.2629

Recreation Center Manager, Wimberly Ayles
wimberly.ayles@farmersbranchtx.gov • 972.919.8753

Recreation Supervisor, Jason Peebles
jason.peebles@farmersbranchtx.gov • 972.919.8755

Recreation Supervisor, Kylie Broz
kylie.broz@farmersbranchtx.gov • 972.919.8754

Recreation Programmer, Megan Doughty
megan.doughty@farmersbranchtx.gov • 972.919.8765

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MEMBERSHIP

GET FIT AND JOIN THE FUN AT THE FARMERS BRANCH COMMUNITY RECREATION CENTER

Memberships vary depending on type of membership and residency. Refer to the information below for membership rates. See staff for requirements, certain restrictions, and additional information.

MEMBER TYPE	ANNUAL BASIC	BASIC + FITNESS	MONTHLY BANK/CREDIT CARD (Only for Basic+Fitness Memberships)
Resident Individual	\$10	\$190	\$15
Resident Family	\$30	\$370	\$30
Non-Resident Individual	\$30	\$280	\$22.50
Non-Resident Family	\$45	\$465	\$37.92
Corporate Individual	\$25	\$255	\$20.45
Corporate Family	\$40	\$420	\$34.00
CFBISD Individual	\$10	\$190	\$15
CFBISD Family	\$30	\$370	\$30

CLASS REGISTRATION AND FINANCIAL ASSISTANCE

Farmers Branch residents and members may register for any session during this quarter at any time. Non-residents may register for classes one week prior to the start of a monthly session. Sessions begin the first business day of the month, unless otherwise noted. Members of the Farmers Branch Community Recreation Center receive a discount on class fees.

Only registered participants may enter the activity area. Pre-registration is required for all classes. A participant must be enrolled in a class(es) before he or she may participate. The enrollment minimum must be met for a class to make. Refunds are available only before a class has started and with approval. To request a refund, contact 972.247.4607. A credit may be issued in place of a refund for a limited time.

Partial financial assistance is available to Farmers Branch residents who qualify for classes. See staff for information on how to qualify. A maximum of \$100 per child (up to age 18), per fiscal year (October-September) may be received. Financial assistance is limited to 1 class per session, per child. Payment of 50% of class fee is due at time of registration.

Classes affected by holidays may be pro-rated, see

instructor for specific details. The Recreation Center gladly accepts cash, checks, Diner's Club, Discover, Mastercard, Visa, and Farmers Branch Community Recreation Center gift certificates as forms of payment.

Register On-Line 24/7 at www.fbreccenter.com

(Requires account number & PIN)

FARMERS BRANCH RESIDENTS & MEMBER REGISTRATION

Mail-in registration form to Farmers Branch Community Recreation Center, 14050 Heartside, Farmers Branch, TX 75234. Phone-in to 972.247.4607 or Fax-in to 972.919.8799.

Walk-in during office hours, Monday through Sunday.

Residents and members may register for any and all sessions during the current quarter at one time, excluding swim lessons, when applicable. Residents and members may register for June through August classes beginning May 6. **On-line 24/7 at www.fbreccenter.com.**

NON-RESIDENT REGISTRATION

Walk-in, phone-in, or fax-in during office hours, Monday through Sunday.

Non-residents may register one week prior to each monthly session or one week prior to registration deadline for special interest events, excluding swim lessons, when applicable.

SERVICES

PARTIES & RENTALS

The Farmers Branch Community Recreation Center offers rental space for all types of parties. Whether you are planning a graduation party, a wedding reception, wedding or baby shower, birthday party, corporate function, teen celebration, or anniversary party, the Recreation Center can accommodate you! Amenities include audio-visual equipment, tables and chairs, a warming kitchen and more. Theme parties for children include gymnastics, dance instruction, princess and sports. For additional information regarding rental requirements contact Wimberly Ayles at wimberly.ayles@farmersbranchtx.gov or at 972.919.8753.



PERSONAL TRAINING

Community Recreation Center members may choose to have individualized training to meet their fitness goals. The fitness area staff members are all personal trainer certified through various nationally recognized organizations including the Cooper Institute and the National Strength and Conditioning Association. Each personal trainer will provide members with an exercise regimen to meet their personal goals and promote a healthier lifestyle. Working with a personal trainer for a few sessions is often all it takes to feel comfortable with independent exercise. Personal training sessions start at \$50.00 per hour with discounts given for purchasing session packages. Call the Farmers Branch Community Recreation Center for more information.

Holiday Craze Program 2013 - 2014 School Year

Holiday Craze is a recreational day-camp program operated by the Farmers Branch Parks and Recreation Department. Holiday Craze is open to children (residents and non-residents) ages 6-12 years. The program meets from 7:30 am-6:00 pm at the Farmers Branch Community Recreation Center on all non-Federal school holidays in the Carrollton-Farmers Branch ISD. Registration for the fall, winter, and spring sessions begins September 3 for Farmers Branch residents. Non-Residents may register starting October 1 (if space is available). Additional information will be available in the Fall 2013 Rec Scene Brochure.



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BRANCH HAPPENINGS/LEAGUES

LIBERTY FEST

May 25

Gates open at noon

Historical Park

Free tickets

Join the City of Farmers Branch for a patriotic festival celebrating Memorial Day and honoring our country and the men and women who serve her. This one-day festival is a blend of music, food and family fun with non-stop entertainment from national, regional and local acts featuring Eastin Corbin, Randy Houser, and Jack Ingram. Other activities include an arts and crafts marketplace, free KidZone, The Zone, Burgers & Brews, and more.

Visit www.fblibertyfest for exciting event announcements.

FAMILY STAR PARTY

July 12

7 pm-11 pm

Historical Park

Free Admission

Once the sun goes down the star viewing begins. High powered telescopes will be on site or bring your own. Call 972.406.0184 for more information.



INDEPENDENCE DAY CELEBRATION

Wednesday, July 3

Gates open at 6:30 pm

Historical Park

Free Admission

Gates open at 6:30, Concert at 8, Fireworks will begin at approximately 9:30, Concert followed by a low level fireworks show.

MARK YOUR CALENDAR!

FARMERS BRANCH HEALTH & WELLNESS EXPO

Saturday, September 14

9 am to Noon

Community Recreation Center

Join us for a variety of health screenings, information and product samples from numerous health and wellness providers, fitness assessments, a blood drive, pet adoptions and pet microchipping. Seasonal flu shots will be offered. The event is family-friendly and features prize drawings and children's activities.

Monday, August 5

2013 Christmas Tea Tickets on sale

2014 Historical Park calendar opens for reservations

Call 972.406.0184 for more details.

LEAGUES

Farmers Branch Parks and Recreation co-sponsors a variety of youth and adult sports leagues. For information regarding these leagues contact the League Representative listed below.

Farmers Branch provides practice fields at Farmers Branch Park, located at 13985 Dennis Lane. For youth organizations, teams may reserve practice times through their own organizations. Adult teams may reserve practice fields through the Parks and Recreation Department by calling 972.919.2620. The park closes at 10 p.m. Field Conditions Hotline: 972.919.1455 and twitter at fbtxsport.

ADULT LEAGUES

Adult Softball League

Maria Minter
972.919.2598

Senior Softball

Don Couch
972.416.6039
www.dfwseniorsoftball.com

Mustangs Vintage Base Ball

Barbara Judkins
972.406.0184

Dallas Rugby Football

www.dallasrugby.org
214.886.9047

Open Volleyball

Margaret Young
972.247.0634

Adult Basketball League

Maria Minter
972.919.2598

YOUTH LEAGUES

FB Youth Football

972.948.6395
<http://www.leaguelineup.com/fbyfca>

FB Youth Cheerleading

972.948.6395
<http://www.leaguelineup.com/fbyfca>

CFB Girls' Softball

Voice Mail 972.418.9269
www.cfbgirlssoftball.com

CFB Soccer Association

Soccer Office 972.245.9307
www.cfbsocket.net

CFB Baseball & T-Ball

Angie McDaniel
972.754.1469
www.cfbba.com

Carrollton Basketball

Carrollton Athletics
972.466.9833
www.cityofcarrollton/athletics.com

Carrollton Volleyball

Carrollton Athletics
972.466.9833
www.cityofcarrollton/athletics.com

www.fbreccenter.com

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CAMPS

Teen Camps

TEEN FIRE & RESCUE ACADEMY

June 10-14

9 am-4 pm

Ages 13-18

FB Fire Administration, 13333 Hutton Dr

\$50/members

\$65/nonmembers

Resident registration begins May 1

Non-resident registration begins May 16 (space permitting)

Registration limited to 20 participants

Teen Fire & Rescue Academy T-shirt and supplies included



Back by popular demand, this program features hands-on training including emergency management, basic CPR and First Aid certification, medical equipment operation, vehicle extrication, fire suppression demo, thermal imaging demo, special rescue incidents, arson investigation, and other related topics. Tours of facilities include Parkland's Emergency Room and Helipad, Biotel Medical Control, and Police and Fire Training facilities at DFW Airport and TCCC.

The Experience - DJ Camp

Have you ever wanted to DJ? Come learn from the best! DJ X will be showing you how to spin and become a true DJ. This course gets down to the basics so you can let your crowd dance the night away. Learn how to set up, mix your own music, and perform a killer show. Instructor: Jonathan Pharr

Session Begins

August 12 - 15

Time

4:00 pm-6:00 pm

Age

12-18

Day

MTWTH

Member

\$75

Non-Member

\$79

TEEN POLICE ACADEMY

July 15-19

9 am-4 pm

Ages 13-18

FB Community Recreation Center

\$50/members; \$65/nonmembers

Resident registration begins May 1; Nonresident registration begins May 15 (space permitting)

Registration is limited to 20 participants; Teen Police Academy T-shirt and supplies included

Activities include hands-on training, classroom instruction, and off-site trips. Topics include criminal investigations, crime scene searches, crime prevention, gangs, communications, traffic stops, and much more.



LEADER-IN-TRAINING PROGRAM

This teen camp is a community service and leadership based program for Farmers Branch teens ages 13-15. The program meets at the Farmers Branch Community Recreation Center Monday-Friday from 7:30 am-6:00 pm during the summer break. Activities include a variety of off-site projects such as assisting at the Farmers Branch Animal Adoption Center, various beautification projects at Farmers Branch parks, volunteering with the Summer Funshine Program, and at the Historical Park. Fees are \$15/week. Registration opens May 1. Each participant receives a Teen Camp shirt and handbook. Additional fees for Friday field trips may be required. Participants must be in good standing and demonstrate maturity, responsibility, and willingness to assist with hands-on projects.



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SUMMER CAMPS

Teen Camps Continued

Aquatics Life Academy

Session 1: June 10-13 Session 2: July 15-18

10 am-4 pm

Ages 13 - 15

Don Showman Pool

\$50/members

\$54/nonmembers



Registration limited to 15 participants

Learn all about summer job positions with the Farmers Branch aquatics team. This program will highlight jobs such as lifeguarding, managing, cashiering, teaching swim lessons and water safety. Start preparing NOW for fun summer work opportunities!

Skate Camp

Want to skate like a pro? Sign up now! We offer skateboarding lessons for beginners and intermediates. We'll teach you safety tips and basic skills first, then work up to more impressive skills and tricks. Your friends and family will be amazed! Instructor: Chris Kelly

Session Begins

6-8 years old

June 10 - July 9

Time

9:00 am-10:00 am

Age

6-8

Day

MT

Member

\$45

Non-Member

\$49

8+ years old

June 10 - July 9

10:30 am-11:30 am

8-17

MT

\$45

\$49

Youth Camps

SUMMER FUNSHINE

Summer Funshine is a recreational day camp program for children 6-12. The program meets at the Farmers Branch Community Recreation Center Monday-Friday from 7:30 am -6:00 pm during the summer break. Activities include sports, field trips, swimming, character development, community service, arts and crafts, science classes, reading time, and much more. Financial assistance is available on a limited basis to qualifying Farmers Branch residents. Call for details and availability.



SUMMER FUNSHINE CARNIVAL

Join us Friday, August 23 from 2-4 pm at the Farmers Branch Community Recreation Center for the annual Summer Funshine end-of-summer carnival. This event is open to the public and features game booths, face painting, concessions and much more. All proceeds will benefit the Farmers Branch Historical Park General Store.



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CAMPS

Dance Camp

Samantha's Summer Dance Camps

Dancers will learn the fundamentals of tap and ballet throughout the week. Performance held on Thursday! Instructor: Samantha Young

Session Begins	Time	Age	Day	Member	Non-Member
Beginners					
June 17 - 20	9:00 am-10:00 am	3-5	MTWTH	\$20	\$24
July 22 - 25	9:00 am-10:00 am	3-5	MTWTH	\$20	\$24
Intermediate					
June 17 - 20	10:00 am-12:00 pm	6-12	MTWTH	\$36	\$40
July 22 - 25	10:00 am-12:00 pm	6-12	MTWTH	\$36	\$40

Gymnastics Camps

Cheer Camp

Come have tons of fun while learning the fundamentals of cheerleading. Activities will include jumps, tumbling, and cheer and motion techniques each day. Instructor: Gayle Shank

Session Begins	Time	Age	Day	Member	Non-Member
3 - 5 Years Old					
July 15 - 18	10:00 am-12:00 pm	3-5	MTWTH	\$55	\$59
6 - 8 Years Old					
July 15 - 18	12:30 pm-2:30 pm	6-8	MTWTH	\$55	\$59
9 - 13 Years Old					
July 15 - 18	4:30 pm-6:30 pm	9-13	MTWTH	\$55	\$59

Gymnastics Camp

This gymnastic camp will expose young athletes to the sport of gymnastics. Develop skills, techniques, and learn new elements while having fun. Instructor: Gayle Shank

Session Begins	Time	Age	Day	Member	Non-Member
Little Gymnast					
July 8 - 11	9:30 am-11:30 am	3-5	MTWTH	\$60	\$64
August 5 - 8	9:30 am-11:30 am	3-5	MTWTH	\$60	\$64
Level 1-3					
July 8 - 11	12:30 pm-3:00pm	5-13	MTWTH	\$70	\$74
August 5 - 8	12:30 pm-3:00pm	5-13	MTWTH	\$70	\$74
Level 4-6					
July 8 - 11	4:30 pm-7:30pm	5-13	MTWTH	\$80	\$84
August 5 - 8	4:30 pm-7:30pm	5-13	MTWTH	\$80	\$84



CAMPS

Sports Camps

Dodgeball Camp

This ultra-popular program that includes several versions of Dodgeball. The emphasis is on fun, teamwork and exercise. Many different versions of the classic game will be played using the new coated foam balls. These balls are perfect for safe FUN play! Bring a snack and water bottle. Instructor: Bowmen Staff

Session Begins	Time	Age	Day	Member	Non-Member
August 19 - 22	1:00 pm-4:00pm	7-11	MTWTH	\$80	\$84

Volleyball Tech Camp

This program is an opportunity for a new player to get an introduction into volleyball skills in a fun, competitive environment. Passing, receiving, serving, and hitting will be covered. Volleyball Tech program includes skill development and fun-based games. Bring a snack and a water bottle. Instructor: Bowmen Staff

Session Begins	Time	Age	Day	Member	Non-Member
June 10 - 13	1:00 pm-4:00 pm	8-12	MTWTH	\$80	\$84

Elementary Basketball Camp

This super-fun skills clinic is designed for players of all abilities. Program time focuses on basketball fundamentals including dribbling, passing, shooting, and rebounding. This is a skill-based program which utilizes drills and fun games to reinforce skills being taught. Part of each class time will be used for game scrimmages. Wear gym shoes and bring a snack and water bottle. Instructor: Bowmen Staff

Session Begins	Time	Age	Day	Member	Non-Member
June 17-20	1:00 pm- 4:00 pm	7-11	MTWTH	\$80	\$84

Flag Football Tech Camp

During this program, players learn drills, exercises, including passing and receiving as well as defensive coverage. Players also work on plays, routes, and become familiar with football formations and basics. Time is set aside at each program for scrimmaging. All equipment is supplied. Bring water, sunscreen, and a snack. Instructor: Bowmen Staff

Session Begins	Time	Age	Day	Member	Non-Member
June 17 - 20	9:00 am-12:00 pm	6-11	MTWTH	\$80	\$84

BOWMEN SPORTS CAMPS

Bowmen Sports has been offering sports camps and clinics for over 10 years. Their purpose is to offer exciting, skill-based sport clinics and camps. Check out this fun and knowledgeable coaching staff this summer at the Farmers Branch Community Recreation Center as they lead and challenge the children to work hard. For more information on Bowmen Sports visit: www.bowmensports.com

Soccer Camp

Join us for a 4-day soccer camp at the Farmers Branch Community Recreation Center. R.L. Turner Soccer Coach Vincent Jovel will help your young ones learn the fundamentals of soccer and improve their skills. All abilities welcome. Instructor: Vincent Jovel

Session Begins	Time	Age	Day	Member	Non-Member
June 10 - 13	9:00 am-11:00 am	6-18	MTWTH	\$50	\$54
July 8 - 11	9:00 am-11:00 am	6-18	MTWTH	\$50	\$54

FITNESS CLASSES

Kickboxing

Rev up your metabolism and burn a lot of calories in this fun cardiovascular workout using boxing techniques for all fitness levels!

Instructor: Rhoda Gonzales

Sessions	Time	Age	Day	Member	Non-Member
June 5 - 26	6:00-7:00 am	15 & Up	W	\$20	\$24
July 3 - 31	6:00-7:00 am	15 & Up	W	\$25	\$29
August 7 - 28	6:00-7:00 am	15 & Up	W	\$20	\$25

Step and Tone

Class incorporates easy to follow aerobics with exercises for the hips, thighs, abdomen and upper body. Class also includes a great body-sculpting workout with weights. All levels welcome!

Instructor: Brenda Swartz

Sessions	Time	Age	Day	Member	Non-Member
June 3 - 27	6:30-7:30 pm	15 & up	MTTH	\$30	\$34
July 1 - 30	6:30-7:30 pm	15 & up	MTTH	\$30	\$34
August 1 - 29	6:30-7:30 pm	15 & up	MTTH	\$30	\$34

Sweatshop

Interval styled training that emphasizes building strength and endurance. A functional movement, co-ed class that will help you shed the pounds in a high energy, collaborative environment. We utilize body weight, HIIT, plyometrics, weight conditioning, and of course the big tire to keep you always guessing and having fun. All fitness levels welcome! **One class per week \$25/29; two classes per week \$35/39; three classes per week \$45/49.** Instructor: Traci Williams

Sessions Begin	Time	Age	Day	Member	Non-Member
June 3, July 1, August 5	6:30-7:30 pm	15 & up	M or W	\$25/\$35/\$45	\$29/\$39/\$49
June 4, July 2, August 1	8:30-9:30 am	15 & up	T or Th	\$25/\$35/\$45	\$29/\$39/\$49
June 1, July 6, August 3	8:30-9:00 am	15 & up	S	\$25/\$35/\$45	\$29/\$39/\$49

Body Conditioning PLUS

Double-up your fitness effort with a gentle muscle warm-up then pump up your muscles with bar weights, free weights, stability balls, bands and more. Instructor: Rhoda Gonzales

Sessions	Time	Age	Day	Member	Non-Member
June 6 - 27	6:00-7:00 am	15 & up	TH	\$20	\$24
July 11 - 25	6:00-7:00 am	15 & up	TH	\$15	\$19
August 1 - 29	6:00-7:00 am	15 & up	TH	\$25	\$29

Power Hour

This class mixes traditional calisthenics and body weight exercises with interval and strength training to allow you to lose body fat, increase cardiovascular efficiency, increase overall strength, and help you get into a routine of regular exercise. Through the use of a variety of intense group exercises. Instructor: Will Davis

Sessions Begin	Time	Age	Day	Member	Non-Member
June 5 - 26	11:30-12:30 pm	18 & up	W	\$20	\$24
July 3 - 31	11:30-12:30 pm	18 & up	W	\$20	\$24
August 7 - 28	11:30-12:30 pm	18 & up	W	\$20	\$24

SPIN

This indoor cycling class offers a non-impact, highly effective way to build cardiovascular strength and endurance. Designed for ALL levels, these classes offer an opportunity to get your heart pumping, burn serious calories and leave you with a feeling of accomplishment. Instructor: Margie Marshall

Sessions Begin	Time	Age	Day	Member	Non-Member
June 4 - 27	6:30-7:30 pm	15 & up	TUTH	\$30	\$34
July 2 - 30	6:30-7:30 pm	15 & up	TUTH	\$30	\$34
August 1 - 29	6:30-7:30 pm	15 & up	TUTH	\$30	\$34

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FITNESS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STEP & TONE	6:30-7:30 pm	6:30-7:30 pm		6:30-7:30 pm		
KICKBOXING			6:00-7:00 am			
SWEATSHOP	6:30-7:30 pm	8:30-9:30 am	6:30-7:30 pm	8:30-9:30 am		8:00-9:00 am
BODY CONDITIONING				6:00-7:00 am		
MOVE INTO FITNESS 50+			8:45 - 9:45 am			
ZUMBA	6:30-7:30 pm		6:30-7:30 pm			
WATER AEROBICS	11:30-12:30 pm		11:30-12:30 pm		11:30-12:30 pm	
PILATES MATT & BALL		9:30-10:30 am			9:00-10:00 am	
YOGA HATHA & AUSARA		8:30-9:30 am	9:00-10:00 am		8:00-9:00 am	
PILATES	5:30-6:20 pm		11:30-12:15 pm			
POWER HOUR			11:30-12:30 pm			
LUNCH BUNCH		11:45-12:45 pm				
BOXING	3:00 - 4:00 pm 7:30-8:30 pm		3:00 - 4:00 pm 7:30-8:30 pm			
SPIN		6:30-7:30 pm		6:30-7:30 pm		
Conditioning 101		8:00-9:00 am		8:00-9:00 am		
AQUA PILATES						9:30-10:30 am
DEEP WATER DYNAMICS	7:35-8:25 pm		7:35-8:25 pm			

FITNESS

Move Into Fitness 50+

All those 50+ get into this fun and informative class for all fitness levels that covers all aspects of an exercise routine. Become familiar with flexibility, strength and cardiovascular exercises. Learn core exercises to get through a daily routine from getting up in the morning to doing household chores. This class will leave participants feeling stronger, refreshed, and motivated! Instructor: Kristin Miller

Sessions Begin	Time	Age	Day	Member	Non-Member
June 5 - 26	8:45-9:45 am	50 & Up	W	\$16	\$20
July 3 - 31	8:45-9:45 am	50 & Up	W	\$20	\$24
August 7 - 28	8:45-9:45 am	50 & Up	W	\$16	\$20

Zumba Fitness

Dance your way to fitness! Zumba is a fusion of Latin and International music that includes dance movements of meringue, salsa, cumbia, reggeaton, hip hop and more. You don't have to know how to dance to ZUMBA! This workout is designed for everyone of all ages. Instructor: Jezebel Benitez

Sessions	Time	Age	Day	Member	Non-Member
June 3 - 24	6:30-7:30 pm	15 & up	M	\$20	\$24
July 1 - 29	6:30-7:30 pm	15 & up	M	\$20	\$24
August 5 - 26	6:30-7:30 pm	15 & up	M	\$20	\$24
June 5 - 26	6:30-7:30 pm	15 & up	W	\$20	\$24
July 3 - 31	6:30-7:30 pm	15 & up	W	\$20	\$24
August 7 - 28	6:30-7:30 pm	15 & up	W	\$20	\$24
June 3 - 26	6:30-7:30 pm	15 & up	MW	\$30	\$34
July 1 - 31	6:30-7:30 pm	15 & up	MW	\$30	\$34
August 5 - 28	6:30-7:30 pm	15 & up	MW	\$30	\$34

Hector's Boxing

This boxing class is mixed with high energy training and detailed instruction in a controlled environment. Class structure will include warm-ups, shadow boxing, bag work, partner drills, and calisthenics. Instructor: Hector Soto

Sessions Begin	Time	Age	Day	Member	Non-Member
June 3 - 26	7:30-8:30 pm	11 & up	MW	\$35	\$39
July 1 - 31	7:30-8:30 pm	11 & up	MW	\$35	\$39
August 5 - 28	7:30-8:30 pm	11 & up	MW	\$35	\$39
June 3 - 26	3:00-4:00 pm	11 & up	MW	\$35	\$39
July 1 - 31	3:00-4:00 pm	11 & up	MW	\$35	\$39
August 5 - 28	3:00-4:00 pm	11 & up	MW	\$35	\$39

Water Aerobics

Energize and maximize your health while exercising and having fun! Increase your flexibility, range of motion, lean body mass, and metabolic rate with water exercise. Minimal swimming skills and water comfort level necessary for shallow water. Classes are held at the CFBISD Natatorium, 1334 Valwood, next to Standridge Stadium. Class does not meet on school district holidays or when swim meets are held. *Session fee is based on the number of class meetings per session. Instructor: MW class-Hydro Health, F Class-Ann Ellis.

Sessions	Time	Age	Day	Member	Non-Member
June 3 - 28	11:30 am-12:30 pm	15 & up	MWF	\$36	\$40
July 1 - 29	11:30 am-12:30 pm	15 & up	MWF	\$42	\$46
August 2 - 30	11:30 am-12:30 pm	15 & up	MWF	\$39	\$43
June 7 - 28	11:30 am-12:30 pm	15 & up	F	\$12	\$16
July 5 - 26	11:30 am-12:30 pm	15 & up	F	\$12	\$16
August 2 - 30	11:30 am-12:30 pm	15 & up	F	\$15	\$19

The Lunch Bunch

A 45-minute lunch time workout. Workouts will consist of cardio, core strength and stability, balance, and resistance. Not your traditional workout, anything goes! Instructor: Kristin Miller

Sessions Begin	Time	Age	Day	Member	Non-Member
June 4 - 25	11:45-12:30 pm	18 & up	T	\$20	\$24
July 2 - 30	11:45-12:30 pm	18 & up	T	\$20	\$24
August 6 - 27	11:45-12:30 pm	18 & up	T	\$20	\$24

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FITNESS

Pilates Mat & Ball

Pilates mat and stability ball help to condition the body entirely. Based on Joseph Pilates techniques, participants develop a longer, leaner body, improved stamina, toned core muscles and strengthened back muscles. For all fitness levels, beginning to advanced. Class meets on a monthly basis. **1 class a week \$25/\$29; 2 classes a week \$45/\$49** Instructor: Joanna Jordan

Sessions	Time	Age	Day	Member	Non-Member
June 4 - 25	9:30 am-10:30 am	15 & up	T	\$25/\$45	\$29/\$49
July 2 - 30	9:30 am-10:30 am	15 & up	T	\$25/\$45	\$29/\$49
August 6 - 27	9:30 am-10:30 am	15 & up	T	\$25/\$45	\$29/\$49
June 7 - 28	9:00 am-10:00 am	15 & up	F	\$25/\$45	\$29/\$49
July 5 - 26	9:00 am-10:00 am	15 & up	F	\$25/\$45	\$29/\$49
August 2 - 30	9:00 am-10:00 am	15 & up	F	\$25/\$45	\$29/\$49

Yoga Hatha & Ausara

For all fitness levels, beginning to advanced. Yoga helps with relaxation, flexibility, strengthening muscles, body circulation, and improved balance. Yoga will balance the mind and body connection. Class meets on monthly basis. **1 class a week \$25/\$29; 2 classes a week \$45/\$49; 3 classes a week \$58/\$62**, Instructor: Joanna Jordan

Sessions	Time	Age	Day	Member	Non-Member
June 4 - 25	8:30 am-9:30 am	15 & up	T	\$25/\$45/\$58	\$29/\$49/\$62
July 2 - 30	8:30 am-9:30 am	15 & up	T	\$25/\$45/\$58	\$29/\$49/\$62
August 6 - 27	8:30 am-9:30 am	15 & up	T	\$25/\$45/\$58	\$29/\$49/\$62
June 5 - 26	9:00 am-10:00 am	15 & up	W	\$25/\$45/\$58	\$29/\$49/\$62
July 3 - 31	9:00 am-10:00 am	15 & up	W	\$25/\$45/\$58	\$29/\$49/\$62
August 7 - 28	9:00 am-10:00 am	15 & up	W	\$25/\$45/\$58	\$29/\$49/\$62
June 7 - 28	8:00 am-9:00 am	15 & up	F	\$25/\$45/\$58	\$29/\$49/\$62
July 5 - 26	8:00 am-9:00 am	15 & up	F	\$25/\$45/\$58	\$29/\$49/\$62
August 2 - 30	8:00 am-9:00 am	15 & up	F	\$25/\$45/\$58	\$29/\$49/\$62

Pilates

Pilates is a body contouring class that will leave you feeling refreshed and alert, both physically and mentally. Exercises focus on improving flexibility and strength, tightening abdominals, and improving posture for a total body workout. Instructor: Cynthia Fritz

Sessions Begin	Time	Age	Day	Member	Non-Member
June 3 - 24	5:30 pm-6:20 pm	18 & up	M	\$24	\$28
July 1 - 29	5:30 pm-6:20 pm	18 & up	M	\$30	\$34
August 5 - 26	5:30 pm-6:20 pm	18 & up	M	\$24	\$28
June 5 - 26	11:30 am-12:15 pm	18 & up	W	\$24	\$28
July 3 - 31	11:30 am-12:15 pm	18 & up	W	\$30	\$34
August 7 - 28	11:30 am-12:15 pm	18 & up	W	\$24	\$28

Conditioning 101

Not quite ready for boot camp, but ready to get your body moving? This basic conditioning class will help improve flexibility, range of motion, and demonstrate proper exercise technique. Fitness goals will be assessed and cardio for all fitness levels are another reason this class is a must! Class will use equipment such as bands, swiss balls, and kettlebells. Instructor: Margie Marshall

Sessions Begin	Time	Age	Day	Member	Non-Member
June 4 - 27	8:00-9:00 am	16 & up	TuTh	\$35	\$39
July 2 - 30	8:00-9:00 am	16 & up	TuTh	\$35	\$39
August 1 - 29	8:00-9:00 am	16 & up	TuTh	\$35	\$39

DANCE

Josey's Creative Movement Dance

Creative Movement class for ages 2 to 5, is the perfect class for little ones to get in touch with their creativity and flexibility through the introduction of basic dance movements. Please wear comfortable dance clothes and jazz shoes. No jeans. Instructor: Josey Benavidez

Sessions Begin	Time	Age	Day	Member	Non-Member
June 1 - 29	9:30-10:00 am	2-5	S	\$25	\$29
July 6 - 27	9:30-10:00 am	2-5	S	\$25	\$29
August 3 - 31	9:30-10:00 am	2-5	S	\$25	\$29

Josey's Hip Hop Dance

Hip Hop dance class for adults explores dance choreography to the latest hip hop music with the newest hip hop moves. Please wear comfortable dance clothes and jazz or tennis shoes. Instructor: Josey Benavidez

Sessions Begin	Time	Age	Day	Member	Non-Member
June 1 - 29	10:00 am-11:00 am	17 & up	S	\$24	\$28
July 6 - 27	10:00 am-11:00 am	17 & up	S	\$24	\$28
August 3 - 31	10:00 am-11:00 am	17 & up	S	\$24	\$28

Josey's Jazz

Jazz dance class for ages 6 to 10 years consists of fun and funky dance moves while learning great jazz technique. Please wear comfortable dance clothes and jazz shoes. No jeans.

Sessions Begin	Time	Age	Day	Member	Non-Member
June 1 - 29	11:00-12:00 pm	6-10	S	\$35	\$39
July 6 - 27	11:00-12:00 pm	6-10	S	\$35	\$39
August 3 - 31	11:00-12:00 pm	6-10	S	\$35	\$39

Scottish Highland Dance

Have you ever wanted to wear a kilt and dance to bagpipe music? Then you will love Scottish Highland Dancing. This traditional dance form promotes strength, discipline, flexibility, stamina, and camaraderie. No dance experience necessary. Wear comfortable, fitted clothing such as leotard or leggings, knee length socks and soft dance slippers without a heel or ballet slippers. Instructor: Fiona Alpaugh

Session Begins	Time	Age	Day	Member	Non-Member
June 7 - 28	5:00-6:00 pm	8-16	F	\$25	\$29
July 5 - 26	5:00-6:00 pm	8-16	F	\$25	\$29
August 2 - 30	5:00-6:00 pm	8-16	F	\$25	\$29
June 7 - 28	6:00-7:30 pm	17 & Up	F	\$25	\$29
July 5 - 26	6:00-7:30 pm	17 & Up	F	\$25	\$29
August 2 - 30	6:00-7:30 pm	17 & Up	F	\$25	\$29

COMING THIS FALL

All dance classes taught by Kay Lynn Lyon run September through May with an end of the year recital. The best time to start is in September; however, new students are accepted in October, January and February. Classes are appropriate for boys and girls. Classes do not meet during winter or spring break. Dance birthday parties and private lessons are also available. Please see staff for dance attire requirements. Dance classes may be taught with a qualified assistant, under Kay-Lynn's supervision, to help provide the best possible dance

Pre-School Ballet & Tap

Advanced Ballet, Tap and Jazz

Ballet, Tap and Jazz

Ballet and Tap

Pointe/Pre-Pointe



GYMNASTICS

Gymnastics

Gymnasts will experience the fun-filled world of gymnastics in these fun, interactive classes, and will develop the fundamentals of gymnastics on the balance beam, bars, floor, trampoline, and Tumble-Trak. Gymnasts will work their way up through the levels in a non-competitive learning environment.

Gayle Shank's classes are taught by qualified instructors under her supervision to help provide the best possible recreational gymnastics experience for your child. All classes are held in the Recreational Gymnastics Gym and children must be registered before entering the gymnasium. Space is limited, please pre-register for classes. All children must be enrolled to attend. A child may have one make-up class, due to illness, per session. Students wanting to take a trial class must make an appointment with the instructor prior to attending class and must be accompanied by a parent. Please wear long hair in a ponytail, no jewelry, no jeans/clothing with snaps, and no gum. A leotard is the preferred attire.

REGISTRATION DATES		
SESSION	DATES	NON RESIDENT
Session 1	June 18 - 27	June 11
Session 2	July 23 - August 1	July 16
Session 3	August 13 - 22	August 6

***Member and resident registration available 3 months before session begins**

Class Name	Day	Time	Age	Member	Non-Member
Kindergym	T/Th	12:30-1:15pm	4 to 6	\$24.00	\$28.00
	T/Th	5-5:45pm	4 to 6	\$24.00	\$28.00
Advance Tumbling	T/Th	6:45-7:45pm	5 to 16	\$28.00	\$32.00
Level 1	T/Th	1:15-2:15pm	5 to 16	\$28.00	\$32.00
	T/Th	4:30-5:30pm	5 to 16	\$28.00	\$32.00
Level 2-3	T/Th	4-5pm	5 to 16	\$28.00	\$32.00
Level 3-4	T/Th	4:45-5:45pm	2.5 to 5	\$28.00	\$32.00
Level 4-5	T/Th	5:45-6:45pm	2.5 to 5	\$28.00	\$32.00
Level 5-6	T/Th	6:15-7:15pm	5 to 16	\$28.00	\$32.00
PS Level 1	T/Th	9:15-10am	2.5 to 5	\$24.00	\$28.00
PS Level 1-2	T/Th	5:30-6:15pm	2.5 to 5	\$24.00	\$28.00
PS Level 2	T/Th	10-10:45am	2.5 to 5	\$24.00	\$28.00
PS Level 3	T/Th	10:45-11:30am	2.5 to 5	\$24.00	\$28.00
	T/Th	5:45-6:30	2.5 to 5	\$24.00	\$28.00
Boys Only	T/Th	11:45am-12:30pm	3-5	\$24.00	\$28.00
	T/Th	2:15-3:15	5-12	\$28.00	\$32.00

Level 1	Recreational Gymnastics
Level 2-3	Recreational Gymnastics Pre-requisite: Level 1 & instructor approval
Level 3-4	Recreational Gymnastics Pre-requisite: Level 2 and instructor approval
Level 4-5	Recreational Gymnastics Pre-requisite: Level 3 and instructor approval
Level 5-6	Recreational Gymnastics Pre-requisite: Level 4 and instructor approval
PS Level 1	Pre-school Gymnastics Level 1
PS Level 2	Pre-school Gymnastics Level 2 Instructor approval required
PS Level 3	Pre-school Gymnastics Level 2-3 Instructor approval required
Kindergym	PS Level 3 or Level 1 Instructor approval required

SPECIAL INTEREST

JONATHAN'S SCHOOL OF MUSIC

PRIVATE LESSONS

Learn how to play the drums, guitar, bass, piano, or take vocal lessons! Call the Farmers Branch Community Recreation Center for more information or to set up your private lessons!

30-minute session \$35 Member/ \$39 Non-member; 60-minute session \$65 Member/ \$69 Non-member

JONATHAN'S SCHOOL OF MUSIC SEMI-PRIVATE GUITAR AND PIANO LESSONS

Beginning Keyboard/Piano

Sessions	Time	Age	Day	Member	Non-Member
June 7 - 28	5:30-6:00 pm	6-15	F	\$55	\$59
July 5 - 26	5:30-6:00 pm	6-15	F	\$55	\$59
August 2 - 30	5:30-6:00 pm	6-15	F	\$55	\$59

Beginning Guitar

Sessions	Time	Age	Day	Member	Non-Member
June 7 - 28	5:30-6:00 pm	6-15	F	\$55	\$59
July 5 - 26	5:30-6:00 pm	6-15	F	\$55	\$59
August 2 - 30	5:30-6:00 pm	6-15	F	\$55	\$59

Red Tiger Karate

Learn American Karate in this white through black belt program that runs year-round. The junior program develops self-esteem, positive behavior, academic achievement, and respect for others. In addition to practicing karate techniques, abduction prevention training and bully self-defense skills are integrated into the lessons. Adult classes focus on street self-defense, fitness, and personal development. Most adults join to get back in shape, meet new people, and learn self-defense. Instructor: Red Tiger Karate Staff

10 Sessions: June 11 - August 23

Level	Time	Age	Day	Member	Non-Member
Juniors-New	6:00-7:00 pm	5-12	T	\$56	\$60
Juniors-Returning	7:00-8:00 pm	5-12	T	\$56	\$60
Adults & Teens	8:00-9:00 pm	13 & up	T	\$56	\$60

Preschool Science Explorers

Come explore the world of science in this hands-on preschool class. Little ones will learn about the world around them by investigating insects and animals, learning about the weather, different seasons, and gardening. Students will conduct experiments by using materials including magnets, magnifying glasses, and measuring instruments. They will also bring home an activity after every class. A \$4 supply fee is due to the instructor the first day of class. A certified elementary education teacher teaches classes. Instructor: Heidi Smith

Sessions	Time	Age	Day	Member	Non-Member
June 7 - 21	10:00 am -10:45 am	3-6	F	\$19	\$23
July 5 - 26	10:00 am -10:45 am	3-6	F	\$25	\$29
August 2 - 30	10:00 am -10:45 am	3-6	F	\$19	\$23

Preschool Painting

Have fun painting. Preschoolers can get creative with paintbrushes, easels, sponges, watercolor, and their hands. A \$4 supply fee is due to the instructor the first day of class. Instructor: Heidi Smith

Sessions	Time	Age	Day	Member	Non-Member
June 7 - 21	11:15 am -12:00 pm	3-6	F	\$19	\$23
July 5 - 26	11:15 am -12:00 pm	3-6	F	\$25	\$29
August 2 - 30	11:15 am -12:00 pm	3-6	F	\$19	\$23

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SPORTS

Little Hoopers Basketball

Preschoolers have the opportunity to sharpen motor skills, experience cooperative play, exercise, and have fun while learning fundamental basketball skills. Instructor: Angel Castro

Session Dates	Time	Age	Day	Member	Non-Member
June 4 - 25	5:00-5:45 pm	3-5	T	\$25	\$29
July 9 - 30	5:00-5:45 pm	3-5	T	\$25	\$29
August 6 - 27	5:00-5:45 pm	3-5	T	\$25	\$29

Big Shots Basketball

The emphasis is on healthy exercise, improving a child's game, good sportsmanship, and building team spirit through drills and practice team-play. Instructor: Angel Castro

Session Dates	Time	Age	Day	Member	Non-Member
June 6 - 27	6:45 -7:30 pm	6-10	TH	\$25	\$29
July 11 - August 1	6:45 -7:30 pm	6-10	TH	\$25	\$29
August 8 - 29	6:45 -7:30 pm	6-10	TH	\$25	\$29

Kid Fit

Kid Fit focuses on playing a variety of games and sports to teach kids about the importance of fitness! Instructor: Angel Castro

Sessions	Time	Age	Day	Member	Non-Member
June 6 - 27	6:00-6:45 pm	6-12	TH	\$22	\$26
July 11 - August 1	6:00-6:45 pm	6-12	TH	\$22	\$26
August 8 - 29	6:00-6:45 pm	6-12	TH	\$22	\$26

Pee Wee Soccer

This is a great class for beginner soccer players. Your child will learn all the fundamental skills of soccer while having lots of fun. Instructor: Vincent Jovel

Session Dates	Time	Age	Day	Member	Non-Member
June 3 - 24	6:00-7:00 pm	4-7	M	\$22	\$26
July 11 - August 1	6:00-7:00 pm	4-7	M	\$22	\$26
August 8 - 29	6:00-7:00 pm	4-7	M	\$22	\$26

Junior Soccer

Expand your skills of soccer with intense fun drills and games. Apply your skills in a small sided games at the each class. Instructor: Vincent Jovel

Session Dates	Time	Age	Day	Member	Non-Member
June 3 - 24	7:00-8:00 pm	7-12	M	\$22	\$26
July 11 - August 1	7:00-8:00 pm	7-12	M	\$22	\$26
August 8 - 29	7:00-8:00 pm	7-12	M	\$22	\$26



Instructors Needed

Have a special skill or talent? Are you qualified to teach it? If this is you, we are looking for experienced instructors to teach courses to pre-school, youths, and adults, as well as various group exercise classes. If interested call 972.919.9765.

DON SHOWMAN POOL

HOURS

The Don Showman Pool is open seasonally from May 25-May 27, June 1-June 2, June 7-August 4, and August 10-11 (Closing date subject to change)

Monday - Friday

1 to 7:30 pm

Saturday & Sunday

1 to 6 pm

HOLIDAY HOURS

Memorial Day, May 27

Independence Day, July 4

1 to 7 pm

SPLASH DAY

Saturday, May 25

1 to 6 pm

Residents swim free!

Proof of residency required

ADMISSION

RESIDENT DAILY

(proof of residency required)

Ages 0-15 \$1

Ages 16 & Up \$2

NON-RESIDENT DAILY

Ages 0-15 \$4

Ages 16 & Up \$6

SEASON PASSES GO ON SALE MAY 1 AT THE REC CENTER

SEASON PASS-RESIDENTS

Ages 0-15 \$12

Ages 16 & Up \$18

Family \$55

SEASON PASS-NON-RESIDENTS

Ages 0-15 \$24

Ages 16 & Up \$36

Family \$95



Adult Swim Class

Class will emphasize water adjustment, safety and beginner skills. Instructor will work at the level of each individual.

Session Begins	Time	Age	Day	Resident	Non-Resident
June 8-July 27	9:30-10:30 am	16 & Up	S	\$35	\$47

Intro to Diving

This course will teach the fundamentals of basic and intermediate springboard diving. Student must be able to perform a standing dive from the side of the pool and have a Level IV swimming ability.

Session Begins	Time	Age	Day	Resident	Non-Resident
June 8- July 27	9:30-10:30 am	6-16	S	\$50	\$62

Deep Water Dynamics

This program will help to improve flexibility, overall aerobic fitness, coordination, and promote the development of muscle strength. Floatation noodles are provided. Minimal swimming skills are recommended. Instructor: Beverly Gammon

Session Begins	Time	Age	Day	Resident	Non-Resident
June 3- June 26	7:35-8:25 pm	18 & up	MW	\$29	\$33
July 8- July 31	7:35-8:25 pm	18 & up	MW	\$29	\$33

Aqua Pilates and Power Sculpting

The popularity of Pilates is soaring! Join this fun class and enjoy the benefits of Pilates in the comfort of the water. Elongate muscles while strengthening the core muscle group. Flexibility, balance, posture and endurance are all enhanced. Additionally, the class compliments Pilates exercises with power sculpting and power walking. Focus includes thighs, abs, and upper body for a total body workout. Aquatic strength training, abdominal work, and power walking included in each class. This class is recommended for all fitness levels; swimming skills not necessary. Learn how to energize and maximize health while exercising and minimizing problem areas. Hydro Health Instructors

Sessions Begin	Time	Age	Day	Member	Non-Member
June 1 - August 3	9:30-10:30 am	15 & up	S	\$60	\$64
June 1 - June 29	9:30-10:30 am	15 & up	S	\$30	\$34
July 6 - August 3	9:30-10:30 am	15 & up	S	\$30	\$34

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DON SHOWMAN POOL



Session 1-June 17-27
Resident registration begins April 20
Non-resident registration begins
May 11, space permitting

Session 2-July 8-18
Resident registration begins June 22
Non-resident registration begins
June 26, space permitting

Session 3-July 22- August 1
Resident registration begins July 13
Non-resident registration begins
July 17, space permitting

Class Name	Day	Time	Age	Resident	Non-Resident
Parent-Tot	M-TH	10:00-10:30 am	6 mos-2	\$32	\$40
Tadpoles	M-TH	5:30-6:00 pm	6 mos-2	\$32	\$40
Preschool 1	M-TH	9:00-9:30 am	3-4	\$32	\$40
Starfish	M-TH	9:30-10:00 am	3-4	\$32	\$40
	M-TH	5:30-6:00 pm	3-4	\$32	\$40
	M-TH	6:00-6:30 pm	3-4	\$32	\$40
Preschool 2	M-TH	9:30-10:00 am	4-5	\$32	\$40
Goldfish	M-TH	10:00-10:30 am	4-5	\$32	\$40
	M-TH	5:30-6:00 pm	4-5	\$32	\$40
	M-TH	6:00-6:30 pm	4-5	\$32	\$40
	M-TH	7:15-7:45 pm	4-5	\$32	\$40
Level 1	M-TH	8:15-9:00 am	6-15	\$35	\$47
Seahorses	M-TH	9:45-10:30 am	6-15	\$35	\$47
	M-TH	5:30-6:15 pm	6-15	\$35	\$47
	M-TH	6:30-7:15 pm	6-15	\$35	\$47
Level 2	M-TH	8:15-9:00 am	6-15	\$35	\$47
Otters	M-TH	9:00-9:45 am	6-15	\$35	\$47
	M-TH	6:00-6:45 pm	6-15	\$35	\$47
	M-TH	6:30-7:15 pm	6-15	\$35	\$47
Level 3	M-TH	9:00-9:45 am	6-15	\$35	\$47
Swordfish	M-TH	9:45-10:30 am	6-15	\$35	\$47
	M-TH	6:45-7:30 pm	6-15	\$35	\$47
	M-TH	7:00-7:45 pm	6-15	\$35	\$47
Level 4	M-TH	9:00-9:45 am	6-15	\$35	\$47
Dolphins	M-TH	6:15-7:00 pm	6-15	\$35	\$47
Level 5	M-TH	8:00-8:45 am	6-15	\$35	\$47
Sharks	M-TH	7:15-8:00 pm	6-15	\$35	\$47
Level 6	M-TH	10:30-11:15 am	6-15	\$35	\$47
Hammer Heads					

Parent-Tot Tadpoles - Ages 6 mo - 2 yr

Parent will be in the water with the child working on basic water adjustment skills, breath holding, propulsion and pool safety. Child must wear a swim diaper under swimsuit.

Starfish-Preschool 1

Emphasis is on safety and preparation for beginner swimming, which includes breath control, kicking, front and back float, and combined skills. Child must wear a swim diaper if not potty trained.

Goldfish-Preschool 2

Emphasis is on safety, preparation for beginner swimming and increased water adjustment. Includes underwater exploration, floating, front and back glide, and combined skills. Child must wear a swim diaper if not potty trained.

Seahorses-Level 1 - Ages 6-15

For first-time swimmers. Emphasis on water adjustment, safety, and beginner skills. Each child progresses according to his/her ability.

Otters-Level 2 - Ages 6-15

For children adjusted to the water and comfortable with front and back float. Emphasis is on safety and beginner skills which includes rhythmic breathing, front and back glide with kick, crawl stroke and combined skills.

Swordfish-Level 3 - Ages 6-15

Pre-requisite: Level 2. Emphasis is on improving crawl stroke, elementary backstroke, survival stroke, and introduction to diving and safety skills.

Dolphins-Level 4 - Ages 6-15

Pre-requisite: Level 3. Emphasis is on perfecting previously learned skills and introduction to breast stroke, side stroke and more advanced safety and survival skills.

Sharks-Level 5 - Ages 6-15

Pre-requisite: Level 4. Emphasis on refining previously learned strokes and increasing endurance. Students will also be introduced to the back crawl, surface dives and dives from the board.

Hammer Heads-Level 6 - Ages 6-15

Pre-requisite: Level 5. Emphasis on ease, efficiency, power and endurance of swimming skills. Students will also be introduced to lifeguard readiness skills.

the REC SCENE



City in a Park

	Acres	Rec Center	Ball Fields	Basketball	Exercise Course	Playground	Soccer Fields	Tennis	Drink Fountain	Lake	Picnic Area	Restrooms	Football Field	Jog/Walk Path	Horseshoes	Benches	Landscape	Undeveloped	Museum	Creek	Grills	Shelter	Rose Garden	Pool	Skate Park	Pet-anque	Roller Hockey
Alpha Rd Mini Park • 4051 Alpha Rd	0.30																	•									
Bicentennial Park • 4551 Spring Valley Rd	0.50																	•									
Bill Cox Memorial Park • 13500 Dennis Lane	5.00							•		•			•														
Chapel View Plaza • 3062 Valley View Lane	0.23																•	•									
Creek Ridge Park • 12696 Webb Chapel	3.00																		•		•						
Denton Rd Mini Park • 12611 Denton Road	0.50																		•								
Don Showman Park • 14032 Heartside Place	10.0	•	•	•			•			•		•	•	•	•	•	•	•					•	•	•	•	
Dutch Village Park • 3020 Old North	1.40			•			•			•		•					•					•	•	•			
Farmers Branch Park • 13985 Dennis Lane	14.0		•	•			•	•		•		•	•	•	•		•					•	•				
Ford Road Park • 12490 Ford Road	3.00																	•		•							
Gussie Field Watterworth Park • 2610 Valley View Ln	12.0			•			•		•	•	•	•	•		•	•	•	•		•	•	•	•	•			•
Historical Park • 2540 Farmers Branch Lane	27.0									•		•	•		•	•	•	•		•	•		•	•			
Holiday Park • 4045 Valley View Lane	5.00																•						•				
Jaycee Park • 14229 Dennis Lane	4.30		•	•			•			•		•	•		•		•	•			•			•			
John Burke Nature Preserve • 1111 Valley View Ln	104										•				•		•				•						
Kerr Park • 13226 Kerr Trail	1.50			•			•		•	•					•		•	•						•			
Liberty Plaza • 12400 N. Stemmons Freeway	2.50														•		•	•			•			•			
Mallon Park • 2840 Millwood Drive	4.00						•			•	•	•			•		•	•			•			•			
Morningstar Park • 3600 Morningstar Lane	1.30						•			•		•					•	•				•	•	•			
Mustang Trails Park • 3200 Valley View Lane	2.30																	•									
Oakbrook/Ken Rymer Park • 3550 Oakbrook Pkwy	10.0									•	•				•		•	•									
Oran Good Park • 13411 Dennis Lane	10.0		•				•		•	•		•	•		•		•	•			•	•	•	•			•
Pepper Park • 13301 Dennis Lane	4.00		•					•		•		•	•				•				•						
Rawhide Park • 13701 Rawhide Pkwy	20.0				•		•			•					•		•	•			•			•			
Squire Park • 2560 Squire Place	1.50			•			•			•		•					•	•				•	•	•			
Temple Trails Park • 12800 Templeton Trail	6.40						•		•	•		•			•		•				•	•					
Webb Chapel Mini Park • 14425 Webb Chapel	0.20																•	•					•				
Winn Park • 13880 Midway Road	5.00									•	•	•			•		•	•									

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